

Date: Wednesday, May 29, 2013

Time: 11:30am - 1:00pm

Location: Recreation Center (B101)

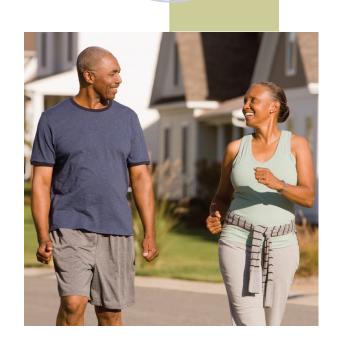
Audie L. Murphy VA

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For more information (210) 616-8370



Be Fit, Your Way!



- Games!
- Freebies!
- Prizes!
- Enroll in MOVE! weight program
- Community resources

- Wii Fitness games
- Zumba
- Yoga
- Tai Chi
- Strength training
- Flexibility and Core

No matter what your age or body type, you can benefit from even small amounts of activity. At this event you can learn about and try out several types of exercises.

> Veterans Health Education Committee Approved: May 2013